

February Activities

Monday	Tuesday	Wednesday	Thursday	Friday
----- Weekly Events -----				
8:00am Cont'l Breakfast 8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:30am Produce (Inside) 12:00pm Lunch 1:00pm Pickleball @ Rec Center 2:00pm Produce (Curbside)	8:00am Breakfast 9:00am Walking Group 9:30am Coffee Hour 10:00am Mahjong 12:00pm Lunch 12:45pm Pinochle 1:00pm Rummikub 1:15pm Yoga	8:00am Breakfast 8:45am Circuit Exercise 9:00am Welcome Wagon 9:30am Coffee Hour 9:45am Chair Exercise 12:00pm Lunch 1:00pm Pickleball @ Rec Center	8:00am Breakfast 8:30am Blood Pressure 9:00am Walking Group 9:30am Coffee Hour 9:30am Duplicate Bridge 12:00pm Lunch 12:45pm Pinochle 1:00pm Pickleball @ Rec Center 1:15pm Yoga 1:15pm Social Stitchers	8:00am Cont'l Breakfast 8:45am Line Dancing Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:30am Shuffleboard 12:00pm Lunch 1:00pm Pickleball @ Rec Center
			1 2:00pm Grief Support Group	2 Groundhog Day 9:00am Movie: Groundhog Day 1:00pm TV Series: Lessons in Chemistry
5 1:15pm Digital Skills Ready@50+ Class	6 9:30am Movie: Maestro	7 1:00pm Art Class 1:15pm Digital Skills Ready@50+ Class	8 10:30am TV Series: Restoration - America After the Civil War	9 Chinese New Year 10:00am Wool Felting Craft 1:00pm TV Series: Lessons in Chemistry
12 10:00am State Rep. Friel Mobile Office 1:00pm LCR Game 1:15pm Digital Skills Ready@50+ Class	13 Mardi Gras 10:00am SeniorLAW Center 10:00am Sports Desk 10:30am Art on Canvas 12:00pm State Sen. Muth Mobile Office	14 Valentine's Day 10:00am Blood Pressure 12:00pm Birthday Social 1:00pm Birthday Bingo	15 10:30am TV Series: Restoration - America After the Civil War 5:00pm Third Thursday: Valentine's Dinner & Dance	16 1:00pm TV Series: Lessons in Chemistry
19 Center Closed No Produce Pickup	20 10:00am Movie: Rustin 12:00pm State Sen. Muth Mobile Office 5:00pm Supper Club @ La Patrona	21 1:00pm Art Class 1:15pm Digital Skills Ready@50+ Class	22 10:30am TV Series: Restoration - America After the Civil War	23 10:30am Bingo 1:00pm TV Series: Lessons in Chemistry
26 11:00am Weight Wise Support Group 1:15pm Digital Skills Ready@50+ Class 2:00pm Book Club	27 10:30am Craft 1:00pm Yahtzee	28 10:00am Blood Pressure 11:00am Phoenixville Hospital Talk 1:15pm Digital Skills Ready@50+ Class	29 10:30am TV Series: Restoration - America After the Civil War	

Activities subject to change. Please check website for updates. Participation in any program is at your own risk in accordance with the Liability Waiver on the back page of the Participants Form.